

SAFE EATING GUIDELINES

FISH CONSUMPTION FROM PUTAH CREEK

Fish are nutritious and should be part of a healthy, balanced diet. The American Heart Association recommends healthy adults eat at least two meals of fish a week. It is important, however, to choose your fish wisely. OEHHA recommends that you choose fish to eat that are low in mercury, including “Best Choices” fish caught from Putah Creek, including Lake Solano.



Women of childbearing age, pregnant or breastfeeding women, and children 17 years and under

BEST CHOICES UP TO 3 MEALS A WEEK
Trout or Sacramento blackfish
EAT IN MODERATION NO MORE THAN 1 MEAL A WEEK
Largemouth, smallmouth, or spotted bass, bluegill or other sunfish, carp or goldfish, catfish (including bullheads), crappie, sucker, hitch, or crayfish



Women beyond childbearing age and men

BEST CHOICES UP TO 3 MEALS A WEEK
Trout*, Sacramento blackfish*, bluegill or other sunfish, catfish (including bullheads), sucker, carp or goldfish, or crayfish
EAT IN MODERATION NO MORE THAN 1 MEAL A WEEK
Largemouth, smallmouth, or spotted bass, crappie, or hitch

* May be eaten daily by women beyond childbearing age and men

- Incomplete information suggests that pikeminnow should only be eaten in limited amounts.
- **CONTACT WITH THE WATER IS SAFE.**
- **EAT SMALLER FISH OF LEGAL SIZE.** Fish build up mercury in their bodies as they grow.
- **MEAL SIZE DEPENDS ON BODY WEIGHT.** Meals are based on a 160-pound adult eating 8 ounces of fish (6 ounces after cooking) — about the size of two decks of cards. If you weigh less than 160 pounds, eat smaller portions of fish. Serve smaller meals to children.
- **DO NOT EAT MORE THAN ONE OF THE LISTED FISH SPECIES DURING THE SAME TIME PERIOD** unless you are eating from the Best Choices (green) category. If you eat fish from one place following the advisory, avoid eating fish from other sources during the same time period.
- **CONSIDER THE FISH YOU BUY FROM STORES AND RESTAURANTS.** Women of childbearing age and children can safely eat up to 2 meals a week of a variety of fish purchased in stores or restaurants*, **OR** use this guide for eating fish caught from this water body. In a week when you eat 2 meals of fish purchased from stores or restaurants, avoid eating fish caught from a local water body. Commercial fish such as shrimp, king crab, scallops, farmed catfish, wild ocean salmon, oysters, tilapia, flounder, and sole generally contain some of the lowest levels of mercury. *Women of childbearing age and children should not eat shark or swordfish, which contain the most mercury.
- **FISH FROM OTHER WATER BODIES MAY ALSO CONTAIN MERCURY.** Not all water bodies in California have been tested. With the exception of ocean or river-run salmon or steelhead, which may be consumed more frequently, fish caught from places without an advisory should be eaten in limited amounts.

For more information, contact OEHHA at 510 622-3170 or visit www.oehha.ca.gov